

Body talk is the easiest exercise and it is a fundamental awareness that you will need for the rest of the exercises. Get better acquainted with your body and its subtle and telling language.

Your body doesn't lie, or at least it speaks its truth as it knows it. Without any convincing. It just does. But it's possible you have never noticed. Just as in communication between two people, most of the communication is done through body language. The same is true for getting to know your true self.

*Step 1: Remembering bliss*

Want to learn your body's love language? Recall a moment in your life where you experienced pure bliss. What do you remember? What were in your surroundings? Allow your senses to recall the temperature, sights, sounds, smells, etc. Allow it all to flood your mind. Feel the warm sun on your face, cracking of a fire or frosty air catching your breath...whatever the moment – fully virtualize it with all of your senses. Who were you with, what were you doing?

*Step 2: Feel it in your body*

Now, as a witness, shift your focus and awareness to your body. Where do you feel a sensation? A tingling or lightness, an expansive feeling? Is it in your chest, your heart, your head or maybe your arms or hands? Just notice it, without trying to change it. Now lean into it; amp it up. Feel it fully to the point it nearly takes your breath away. Recall other truly happy moments of pure joy. Notice if your body was communicating with you in a similar same way.

*Step 3: Find the contrast*

Now contrast that with a memory of a time you needed to solve a difficult problem that involved others, negotiation and self-judgment. It was stressful and you were under pressure and constraint. Notice your body now, without any need to change it. Does it feel expansive or constricted? Where do you feel the sensation? Lean into it. Notice. Breathe. What did you learn? What were you telling yourself was true? The truth will always set you free, and offer a feeling of freedom. Would you have made the same decisions and taken the same actions if you had noticed your body wisdom? Even if you don't like what you feel, there is divine wisdom in what your body is telling you.

*Step 4: Learn your body language*

Assuming you have relatively little unhealed trauma, the body can offer great wisdom in supporting you to make decisions. If deciding on a new job or opportunity – what does your body say about it? When visualizing what you'd expect the experience to offer in its fullness, where are the body sensations? As you begin to trust your body talk, you will find life seems less dramatic or hard as you make clear, unapologetic decisions that are in integrity to your true, higher, happy self even if you are scared as hell. Indecision can be extremely self-sabotaging, brutally time-consuming and lead to huge energy leaks. May you close the leaks and find great self-acceptance and love as you become fluent in this new language.